



Honoring You

Doula Support for all of Life's Journeys

Gina Free, PT, DPT, MS, Doula

Hi! I'm Gina, and I am here to help serve and support you through whatever life has brought your way.

Gina has seven years of inpatient clinical experience providing care as a physical therapist in a hospital setting focusing on critical illness recovery. She is excited to offer non-medical doula care through Honoring You with a passion for end of life/hospice care, senior care, and companion/respite care which has been the emphasis of her which has been the emphasis of her therapy career as well.

"I love working with seniors and connecting to their life experiences. Their wisdom and advice inspires me to grow and be a better caregiver.

Gina has witnessed individuals and families experience some of the most challenging and painful times in their lives, and she has always strived to provide meaningful care and support by meeting each person where they are. Gina has supported adults of all ages through critical illness, helping many recover to go on living full lives, while holding space for others through end-of-life transitions with deep love and care.

"I believe in going above and beyond to support the people and families I work with, as well as understanding the whole picture to provide the most meaningful care. Respect and maintenance of dignity are values that I hold close to me in all that I do."

We are so happy to have Gina as a part of the Honoring You family and know the care that she will provide will go above and beyond.”

“Some of my favorite things are my pets, receiving pictures of the dogs I have fostered smiling in their forever homes, reading, and bringing a little light into other people’s days. I truly strive to uplift those around me, no matter what they are going through.”

Gina has her BA in Biology, MS in Clinical Health Science, and Doctorate in Physical Therapy. She is currently pursuing her End-of-Life/Hospice Doula certification as continuing education.

Testimonials

“Thank you for the excellent service and attention you gave me... and for all of your love and support during my recovery. People like you aren’t seen every day.” -BM

“Gina is always encouraging and motivating...she is funny, smart, enthusiastic, and fun to work with.” Anonymous

“Gina washed my hair, did spa days, and made me feel like a human.” -MG

“I want to thank Gina for being an amazing person, for thinking outside the box, and for making hard things fun.” -TS

